



Brown Rice Pilaf (Asian Style)

Makes 6-8 Servings

2 tablespoons oil
2-3 carrots, julienned
(thinly sliced)
1 large onion, finely chopped
2 cups brown long grain rice
(rinsed and drained)
1/2 teaspoon salt (optional)
Pepper to taste
4 cups of hot boiled water



1. Heat oil in a large skillet over medium-high heat.
2. Place carrots in the skillet and sauté until caramelized.
3. Add onions to the carrots and sauté about 3 minutes.
4. Add rice, salt (if using) and pepper and mix everything together.
5. Add boiling water and cook covered over medium-low heat for about 40 minutes, or until all of the water evaporates. (Check after 30 minutes by inserting a spoon to see how much water is left.)
6. The idea is not to overcook the rice and at the same time make sure that all water is absorbed.
7. You may have to reduce or add more heat in the process to get it just right in the end).



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Kids can help by:

- Gathering ingredients and supplies
- Helping measure ingredients
- Helping to stir ingredients together
- Helping with clean up



Nutrition Facts

Serving size: 1/8 of recipe (92g)
Servings Per Recipe 8

Amount Per Serving

Calories 220 Cal. from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat .5g **3%**

Trans Fats 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 40g **13%**

Dietary Fiber 3g **10%**

Sugars 2g

Protein 4g

Vitamin A 80% Vitamin C 4%

Calcium 2% Iron 4%

* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

This material was funded, in part, by USDA's Basic Food Program through Public Health—Seattle & King County. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689. This institution is an equal opportunity provider and employer.

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